



Diabetes For Dummies

Alan L. Rubin MD, Dr. Sarah Jarvis GP

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Don't just survive - thrive! That's the message of this state-of-the-art guide to diabetes management. From causes, symptoms and side effects to treatments and diet, this book will help British diabetics understand all types of diabetes and delivers sound advice on staying fit and feeling great. The best-selling second edition has been updated to cover key information on managing pre-diabetes, plus new content on screening tests, medications and lifestyle advice. With additional information on the latest advances in therapy for diabetes and its complications, this new edition will make sure you're covered from every aspect.

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